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THESE FROZEN TREATS ARE HOT

Summer starts with these gorgeous ice creams. 24

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Five ways to spot a student loan scam. 18

RIGHT WING, WRONG THEATER

Trump supporters objecting to the recent 'Julius Caesar' production have been threatening an unrelated playhouse. 4

JOAN MARCUS, ISTOCK, PHOTO ILLUSTRATION



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FISHER HAD COCAINE, MDMA AND HEROIN IN HER

1 The autopsy report for Carrie Fisher revealed the actress had traces of cocaine, heroin and MDMA in her system when she fell ill on a plane last year, but doctors couldn't say how the cocktail of drugs contributed to her death. The full autopsy report, released by the coroner's office Monday, stated Fisher may have taken cocaine within 72 hours of the Dec. 23 flight where she fell into



cardiac arrest. The 60-year-old "Star Wars" actress died four days later on Dec. 27, Reuters reported. The report followed an announcement by coroner's officials Friday that attributed Fisher's death to sleep apnea and other causes. **ERIN TIERNAN**

US, RUSSIA, IRAN DRAW NEW RED LINES IN SYRIA

2 Russia, Iran and the United States are drawing new red lines for each other in Syria, with Moscow warning Washington it would treat any U.S.-led coalition planes in its area of operations as potential targets after the U.S. air force downed a Syrian jet. Tensions escalated on Sunday as the U.S. army brought down the jet near Raqqa and Iran launched missiles at Islamic State targets in eastern Syria — the first time each

state has carried out such actions in the multisided Syrian war. A pro-Damascus commander said Tehran and Washington were drawing "red lines." Russia, like Iran an ally of President Bashar al-Assad, issued a warning of its own to the U.S. in response to the downing of the Syrian jet, saying on Monday it would view as targets any planes flying west of the Euphrates River, though it stopped short of saying it would shoot any down. **REUTERS**

JUDGE WANTS DETAILS ON SHKRELI'S FINANCES

3 Former drug company executive Martin Shkreli should reveal more about his finances if he wants his \$5 million bail cut to \$2 million, a Brooklyn federal judge said Monday, a week before Shkreli is set to face trial on securities fraud charges. Lawyers for Shkreli said in a court filing last week that he needed the \$3 million to pay back taxes and his lawyers and accountants. Federal prosecutors

have not agreed to the request. U.S. District Judge Kiyo Matsumoto did not rule on Shkreli's request at a hearing on Monday, but said she would be "reluctant" to release the money without knowing more about what assets Shkreli had and what he had done to liquidate them. **REUTERS**

5 THINGS YOU
NEED TO KNOW

CAR RAMS POLICE VAN IN PARIS

4 A man deliberately rammed a car carrying weapons and explosives into a police van as it drove in a convoy down Paris' Champs Elysees Avenue on Monday, officials said. The man, who was known to French security services, died in the incident and the Paris prosecutor's counterterrorism unit said it had opened an investigation. **REUTERS GETTY IMAGES**

STUDENT WHO RETURNED FROM N. KOREA DIES

5 U.S. student Otto Warmbier, who was imprisoned in North Korea for 17 months before being returned home in a coma less than a week ago, has died in a Cincinnati hospital, his family said in a statement on Monday. "Unfortunately, the awful torturous mistreatment our son received at the hands of the North Koreans ensured that no other outcome was possible beyond the sad one

we experienced [Monday]," the family said in a statement following Warmbier's death at the University of Cincinnati Medical Center. His family has said that Warmbier, 22, had lapsed into a coma in March 2016, shortly after he was sentenced to 15 years of hard labor in North Korea. He was arrested, according to North Korean media, for trying to steal an item bearing a propaganda slogan. **KIMBERLY M. AQUILINA**

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ERIN TIERNAN, WEB REPORTER

The Supreme Court has ruled that access to social media is a constitutional right — even for sex offenders. The landmark decision says denying access to sites like Facebook, Instagram and Twitter is on par with denying the freedom of speech. Read more at metro.us/politics.

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metro.us/quiz

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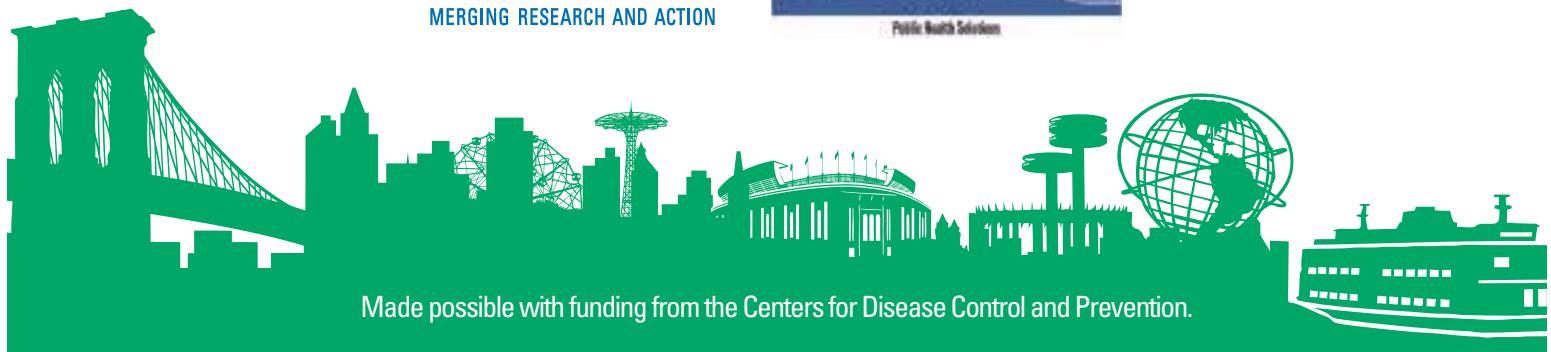
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Protesters of Trumped-up 'Julius Caesar' are threatening the wrong theater

Apparently because it has Shakespeare in its name.

 MICHAEL MARTIN
@MetroNewYork
letters@metro.us

Donald Trump fans protesting the current Shakespeare in the Park production of "Julius Caesar" are misguided.

That's not editorializing — it's fact. Trump supporters who object to the president being depicted as the ill-fated Caesar are phoning in death threats to an unrelated theater called Shakespeare & Co.

The Lenox, Massachusetts, theater group, which bought the Shakespeare.org URL back in the '90s, has been getting heated-to-violent feedback since last Monday, the compa-

ny's artistic director told the Washington Post.

"I walked in the office and people were like, 'Get this,' and they started playing the messages that were coming in from like 4:30 in the morning," said Allyn Burrows.

Email messages have been less than polite. "F— you," one said. "Hope you all who did this play about Trump are the first to die when ISIS COMES TO YOU f— sumbags [sic]."

Another said, "You are vile despicable excuses for human beings. I wish you all the worst possible life you could have and hope you all get sick and die."

In the Shakespeare in the Park production, Trump-as-Caesar has a blond comb over, a too-long red tie and is brutally murdered by knife. (The ending



Gregg Henry as the Donald Trump of "Julius Caesar." JOAN MARCUS

is unchanged from the Shakespeare play and recorded history.) That has stirred controversy, causing sponsors like

Bank of America and Delta Air Lines to drop their support. Picketers have massed outside the theater, and one

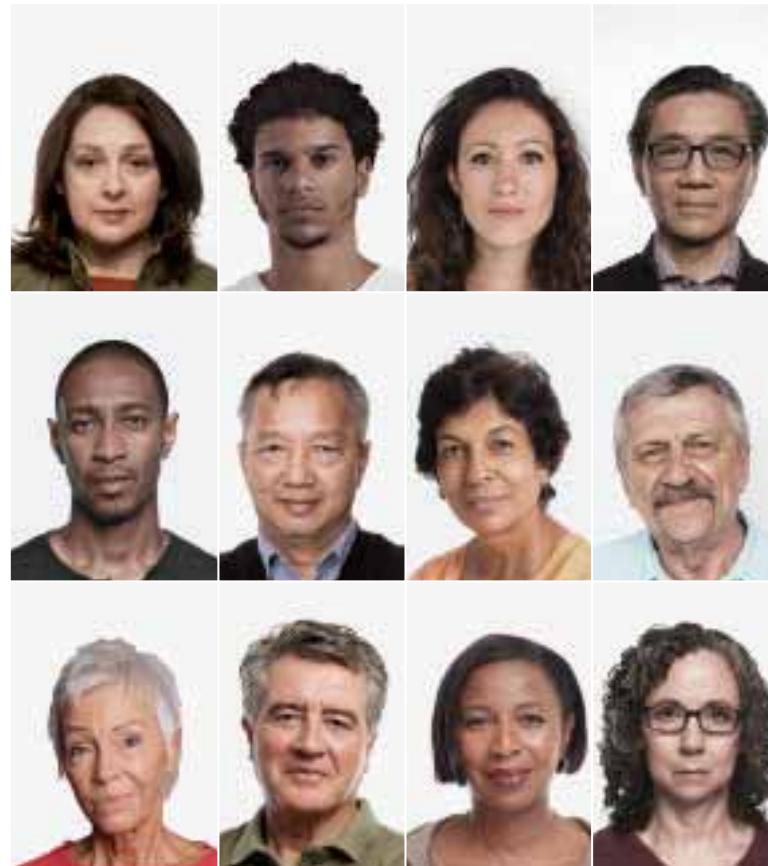
even rushed onstage and disrupted the performance.

It has been pointed out that "Caesar" is not

exactly an endorsement of murdering a politician, seeing as Caesar's murder leads to mob rule, the collapse of the Republic and the suicide of the assassins, but that has not calmed the angry crowds.

For his part, Burrows said that the company debated how to respond to the messages. They ended up calling them back, as they would for anyone who left feedback for the theater. "We wanted to be measured," he told the Post. "At first we didn't even tell them that we're not Shakespeare in the Park [that did "Julius Caesar"]. We went right to the heart of the argument."

He said that callers were less heated once they were reached, generally withdrawing their wishes that Shakespeare & Co. staffers get cancer.



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Letters of Hope campaign allows US students to connect with refugees

The nationwide initiative began last year when World War II refugees wrote to young displaced Syrians.



NIKKI M. MASCALI
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Being asked your favorite subject might not mean much to many students in the U.S., but to a refugee student thousands of miles away, they are questions that can bring a sense of normalcy to an otherwise tumultuous existence.

This year, in conjunction with Tuesday's World Refugee Day, the Cooperative for Assistance and Relief Everywhere — aka CARE — used its Letters of Hope campaign to connect students across the country to their displaced

counterparts in Greece.

"The whole thing in general is very touching and heartfelt," Monica Merlis, CARE's director of community relations, said. "These students' letters start with things like, 'What's your favorite subject?' or 'What's your favorite sport?' to 'I support you' and 'You're brave and strong.'

"Someone wrote, 'I know every time I look at the sun, I'm seeing the same sun as you,' so it created some real connectivity there," she added.

The nationwide initiative, which included students from New York's Trinity School and Spence School, began last year when World War II refugees, who were the original beneficiaries when CARE began after the war ended in 1945, wrote to young displaced Syrians.

"They were able to read these letters and con-



A refugee student living in Greece reads a letter sent by a New York City student as part of CARE's Letters of Hope. PROVIDED

nect with someone who went through a similar thing at a similar age and see that they now have families and careers and security and they can have those things and will have those things," Merlis said.

The recent letters were taken to Greece, which houses roughly 60,000 refugees, and some responses are starting to make their way to the U.S.

"One of the letters that were written back, a

ment for the soul and let them know they're not alone, we see them, we're here for you."

With President Donald Trump trying to ban travelers from mostly Muslim countries and halt refugees from entering the U.S., Letters of Hope is a timely message — and reminder that not all feed into the anti-refugee rhetoric.

"This goes beyond politics. What we really want to do is highlight the humanity and dignity of refugees and the connections that can link people in spite of these extraordinarily disparate circumstances," Merlis said. "If you look around our country, so many of us might be refugees ourselves, our parents, grandparents, great-grandparents — the same hopes and dreams they had, [refugees] are facing those same things right now, today."

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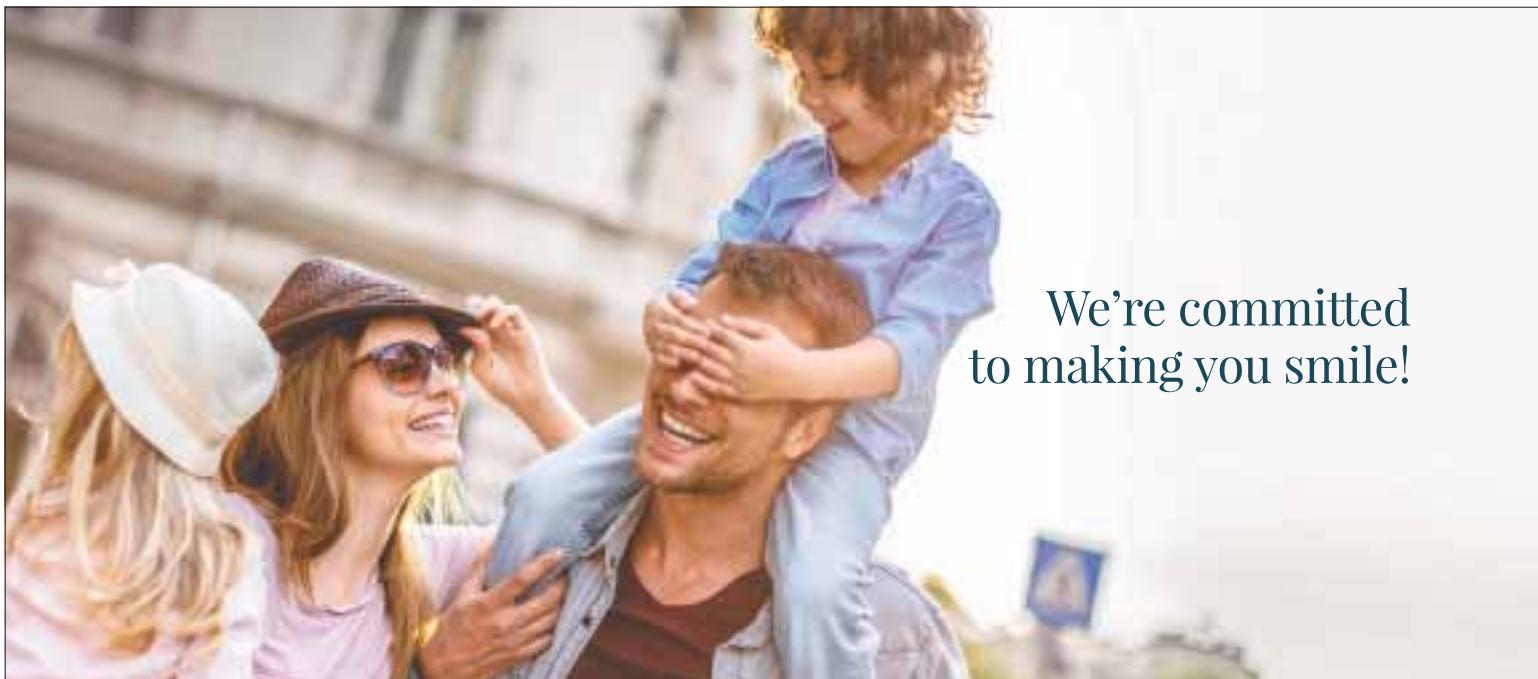
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WEATHER

A summer storm drenched the city on Monday afternoon. Erratic thunderstorms rolled over New York City Monday, following warnings by the National Weather Service of up to 3 inches of rainfall and 60 mph winds. Forecasters say Tuesday and Wednesday will be cloudy, with temps in the mid 80s, and Thursday will be sunny and 81, but more storms are possible next weekend.

SAM NEWHOUSE



NYC received a downpour in time for the Monday afternoon commute. GETTY IMAGES



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Gov. Cuomo has spoken in favor of reducing commuter fares. GETTY IMAGES

Cuomo: LIRR should consider rider discounts during repairs

NJ Transit is already planning to discount fares.

Gov. Andrew Cuomo urged transit officials on Monday to discount fares for some Long Island commuters because of disruptions planned during Amtrak's summer repair program at Penn Station, the busiest U.S. train hub.

Amtrak's push to repair Penn Station's infrastructure from July 10 through Sept. 1 will take three key tracks out of service and disrupt commutes across the region. New Jersey Transit Corp. and the Long Island Rail Road both rent space and tracks from Amtrak.

"I think the Long Island Rail Road should consider reducing the fares on those diverted trains," Cuomo said on Monday. "That's only fair to the people who are taking those trains."

New York's Metropolitan Transportation Authority, which runs the LIRR, said last week that at least 9,600 customers would be diverted or otherwise affected each morning during the repairs.

While officials said they would add hundreds of buses and other service alternatives, they said

they were not planning to discount fares as NJ Transit is doing.

Cuomo made his comments as he marked the opening of a new West End Concourse underneath what is slated to become the Moynihan Train Hall, a \$1.6 billion project to transform the James A. Farley Post Office Building across Eighth Avenue from Penn Station into a waiting area for the LIRR and Amtrak.

The concourse officially opened last week. On Friday, Cuomo said the financial agreement had closed between the state's development arm and builders Related Cos., Vornado Realty LP and Skanska AB.

The private developers are putting up \$630 million, with \$230 million of the total transferred to the state last week as an upfront payment and annual payments for the remaining \$400 million to come during the next 40 years.

The state will contribute \$500 million in appropriations. Of the remaining \$420 million, the Port Authority of New York and New Jersey will pay \$150 million, Amtrak will pay \$105 million, the MTA will pay \$100 million, and a federal grant will cover \$65 million. REUTERS



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If you haven't been to Lower Manhattan lately, you're missing out. From the revitalization going on at the South Street Seaport to one of the city's hottest food scenes, there hasn't been a better time to go downtown in decades.

But there is one night a year that's the best for seeing it all. On Tuesday, Night at the Museums opens 15 of the cultural and historical sites in the neighborhood where modern New York began, all for free.

It's not just free admission, either — head downtown from 4-8 p.m. for live performances at participating museums, free walking tours and other special events. Just pick up a map from any of the participating institutions or download it to get started (Nightatthe Museums.com).

For Revolutionary War buffs (old and new), Fraun-

ces Tavern is about as close as you can get to the "room where it happened;" raise a glass in one of the many parlors and casual bars downstairs, then head upstairs to its museum of Colonial-era artifacts for some after-hours fun with free music from the era and a photobooth with period costumes. You can even meet George Washington himself at the Federal Hall National Memorial, where he was sworn in as the first U.S. president, and check out a special map of 18th-century New York City.

Hear live music by Martha Redbone at the National Museum of the American Indian from 4-7 p.m., hear from guides' personal experiences of 9/11 every half-hour at the 9/11 Tribute Museum, or learn a few secrets about the neighborhood when you pre-register for a half-hour jaunt with Lower Manhattan Tours, leaving from 55-57 Wall St. every half-hour from 4-6:30 p.m.

All that running around downtown will eventually make you hungry — luckily, every Tuesday night during summer, many area bars and restaurants offer #GetLow deals like BOGO drinks, free appetizers and discounts up to 20 percent on your meal.



Federal Hall National Memorial GETTY IMAGES

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Threesome in Brooklyn leads to one man's violent death

What was supposed to be a sexcapade turned deadly.

 KIMBERLY M. AQUILINA
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A threesome in Brooklyn went horribly wrong, leaving one man dead on Monday.

Police found the 20-year-old man in the first-floor hallway of a building at 16th Street and Seventh Avenue at around 4 a.m., according to police.

He was beaten with baseball bats and stabbed in the chest and back after one of the ménage à trois participants started to film the encounter, upsetting the woman involved.

The man was pronounced dead at Methodist Hospital about 20 minutes later. His identity was not immediately released.

"It's something out of a horror movie," 37-year-old neighbor Carol Petersen told the New York Daily News.

"It's horrible. It's a nightmare," she said.

The resident of the Park Slope apartment where the tryst occurred, a 21-year-old man, drove the woman to her home in Staten Island while the 20-year-old man was left alone.

The woman contacted her boyfriend, who was not involved in the threesome, alleging she had been raped, a

neighbor told the Daily News.

The dead man's girlfriend, not involved in the sexcapade, received a message on Instagram: "Your boyfriend f—ed up and will be taken care of," sources told the New York Post.

Sources told the Daily News that the police did not find any evidence of nonconsensual sex.

The 21-year-old man was leaving the apartment when surveillance footage shows three men chasing him. The victim, unable to flee the building, knocked on an apartment door before he collapsed.

A woman opened the door where the victim left a bloody handprint.

"He fell into her house, she opened the door ... he was apologizing, 'I'm so sorry. I'm so sorry,'" a relative of the woman told the Daily News. "He says, 'They hit me in the head, they hit my head with a bat.' She said there was so much blood just gushing out of him."

She added that the man asked her not to call 911.

"He went to stand up, I don't know if he was gonna try and leave or what, [and] collapsed on the floor," the woman said. "She said his whole body started jerking and then [the police] came, he barely had a pulse."

Police questioned the 21-year-old man, but he is not a suspect, the Post reported.

"He went to stand up, I don't know if he was gonna try and leave or what, [and] collapsed on the floor."

Relative of the woman in the threesome, quoted by the New York Daily News



A threesome in Park Slope recently turned fatal (not pictured) when one participant wanted to film the encounter. ISTOCK



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Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these

treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy
"Radiofrequency Neurotomy" is often referred to as RF for short. Just what is "RF".

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pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impacts" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" ... it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be

able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is *not surgical*.

Who Should Try This Treatment?

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What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

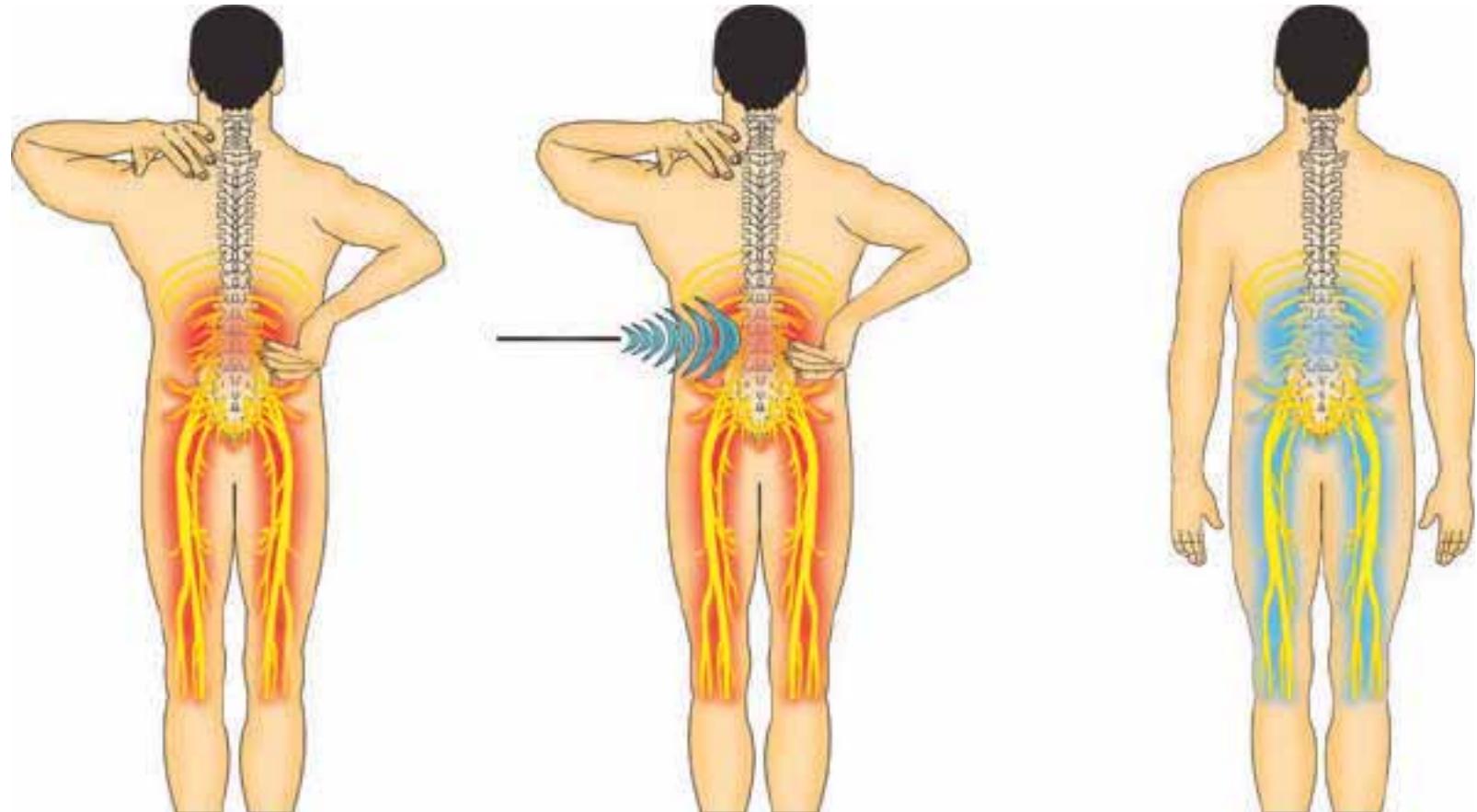
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POLITICS

Lordy, there might actually be tapes of James Comey, Donald Trump conversations

After President Donald Trump posted a cryptic tweet about tapes of his conversations with fired FBI Director James Comey, the words on everyone's lips at the White House lately are, "Where are the tapes?"

It's a question journalists can't seem to get an answer to and the White House is now referring inquiries about the existence, or nonexistence of tapes,

to Trump's personal attorney. The Secret Service denied the agency has tapes in response to an Freedom of Information Act request by The New York Times, saying, "There are no records pertaining to your request."

But presidential historian and liberal journalist Rick Perlstein isn't buying it. He says there should at least be tapes of any phone conversations between the president and Comey.

When Trump fired Comey last month, rumors soared about

whether the president's firing of the nation's top law enforcement official rose to obstruction of justice — a claim for which the FBI may or may not be investigating Trump.

In a hearing before the Senate Intelligence Committee that followed, Comey addressed Trump's tweet saying, "Lordy, I hope there are tapes."

And in a video made in collaboration with Moveon.org, a progressive public policy advocacy group and political

action committee, Perlstein says there should be some.

"As I understand it, every White House phone call is already recorded. That means there should exist on some server somewhere in the White House, a very thorough record of the kind of phone calls that may investigator of the Trump campaign and the Trump White House's ties to Russia any obstruction of justice regarding the investigation of those ties, should be able to access," Perlstein said. ERIN TIERNAN

SEE NO, HEAR NO

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



Picture the scene: a room full of eager folks on the edges of their seats. Eyes wide. Ears open. Waiting to heave questions — to see how hopes, plans, dreams, vendettas and more will collide and then — nothing. No pictures. No sound. Sounds like the end of "The Sopranos," right? But I'm describing Monday's press briefing by the White House.

In the administration's latest peculiar take on "freedom of the press," Team Trump decided to forbid news networks from broadcasting video and/or audio of the daily media briefing on Monday. Oh sure, press secretary Sean Spicer took some questions but allowed no one to electronically record his answers. He's been steadily cutting back on the number, length and answers in his press briefings anyway, and he now seems to be going even deeper undercover. He defended his no cameras/no mics rule by saying President Trump had appeared on camera already that day, but there is a big difference between a photo op and a presidential press conference in which myriad, serious issues can be explored. In short, this is the leading edge of — well, if not a press blackout then a gray out.

From the White House's perspective, I get it. President Trump made it clear before he was even elected that he likes the media only when it treats him precisely as he wishes — when it praises him, fawns over his accomplishments and blindly accepts his version of the truth. He knows his most dedicated followers love it when he bashes the media. He knows public faith in what we reporters do is extremely low. In other words, he

knows he likes walloping journalists, and his fans like seeing him do it.

But you know some things too. You know this White House is being investigated over possible collusion with the Russians in the last election. You know the president is having a hard time passing any major legislation because his own party is balking at many of his ideas on tax reform, immigration policy and healthcare. You know this administration has been caught time and again making definitely false statements. You know President Trump's approval rating among voters is stunningly low. And you know all of that because the media — for all our faults — accurately reports it.

No audio or video of press briefings? Call me a cynic, but that seems like the action of a White House that has grown tired of seeing and hearing the relentless evidence of its own problems. And refusing to let the media record what you say is the first step toward denying you ever said it.



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19-year-olds are as inactive as 60-year-olds, study finds

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Study authors found that activity increases around age 20, but after 35, activity levels drop with age. PEXELS

The millennial generation has a sedentary lifestyle. Not really a shocking statement. Millennials, those born between 1982 and 2004, have a rep for thinking they are entitled to everything. But guys, get it together. A new study found that you're as inactive as senior citizens. Well, half of you are.

Most people expect a few creaks and groans when they get older, but the rickety are only 19, according to a study recently published for the August 2017 volume of Preventive Medicine.

"Activity levels at the end of adolescence were alarmingly low, and by age 19, they were comparable to 60-year-olds," said the study's senior author, Vadim Zipunnikov.

The study found that physical activity among children and teens is even lower than previously thought, but activity increases after age 20. The uptick is thought to be attributed to the start of full-time jobs and other life changes.

Once the 35-year mark arrives, it's back to lazy levels of activity as age increases.

The study also found that activity levels depend

upon the time of day.

"For school-age children, the primary window for activity was the afternoon between 2 and 6 p.m.," Zipunnikov, assistant professor in the Bloomberg School's Department of Biostatistics, added. "So, the big question is how do we modify daily schedules, in schools for example, to be more conducive to increasing physical activity?"

The World Health Organization (WHO) recommends at least 60 minutes of moderate-to-vigorous physical activity a day for children ages 5 to 17 years. The study found that more than 25 percent of boys and 50 percent of girls ages 6 to 11 and more than 50 percent of male and 75 percent of female adolescents ages 12 to 19 had not met the WHO recommendation.

For their study, the researchers used data from the National Health and Nutrition Examination

Survey from the 2003-2004 and 2005-2006 survey cycles. The 12,529 participants wore tracking devices for seven consecutive days, removing them for only bathing and at bedtime. The devices measured how much time participants were sedentary or engaged in light or moderate-to-vigorous physical activity.

"The goal of campaigns aimed at increasing physical activity has focused on increasing higher-intensity exercise," Zipunnikov said. "Our study suggests that these efforts should consider time of day and also focus on increasing lower-intensity physical activity and reducing inactivity."

The research was supported by the National Institutes of Health. Study author Vijay R. Varma was supported by the Intramural Research Program in the National Institute of Aging.

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Democratic lawmakers press Flynn on Middle East trips

Democratic lawmakers investigating fired national security adviser Michael Flynn's security clearance said Monday they could not find the hotel Flynn said he stayed at during a 2015 trip to Saudi Arabia or any record of a conference he reported attending.

In a letter to companies for which Flynn worked, U.S. Reps. Elijah Cummings and Eliot Engel requested documents related to Flynn's work in Saudi Arabia, Russia and other countries. They said Flynn had not accurately reported his foreign travels and contacts in a 2016 application to renew his security clearance.

Cummings is the ranking Democrat on the House of Representatives' Committee on Oversight and Government Reform. Engel is the ranking Democrat on the House Committee on Foreign Affairs.

Flynn's work for foreign interests has taken center stage in a broad federal investigation into the ties between President Donald Trump's



Michael Flynn GETTY IMAGES

associates and Russia and other countries during and after the 2016 election.

While Flynn disclosed an October 2015 trip to Saudi Arabia, Cummings and Engel said Flynn omitted key details and said they could not identify any conference he may have attended or find the hotel he reported staying at during the trip.

The two lawmakers said they were most troubled by the lack of any Flynn record identifying "even a single foreign government official he had contact with in the seven years prior to submitting his security

clearance application."

Cummings and Engel also cited a recent Newsweek report which said Flynn took a trip to the Middle East in the summer of 2015 in pursuit of a joint U.S.-Russian venture to develop nuclear facilities, in a deal to be financed by Saudi Arabia.

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- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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- My ankles are swollen most of the time.
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5 Ways to spot a student loan scam



NerdWallet is a personal finance website.

"If it sounds too good to be true, it might be."

Dozens of private companies lure struggling borrowers with promises of student debt relief. They charge fees to enroll borrowers in federal programs available for free on government websites.

While not all such companies are scams, bad actors are rampant. More than 130 student debt relief entities have histories that give consumers reason to be wary, according to a NerdWallet public records investigation.

Knowing the warning signs of a potentially harmful company can save consumers hundreds of dollars in unnecessary fees. Here are five red flags to look for and tips on what to do instead.

1 You have to pay up front or monthly fees to get help

There's nothing a debt relief company can do that you can't do on your own. And it's not inherently wrong for companies to charge for services you could do for free. But it is illegal for companies offering student debt relief to collect fees over the phone before they lower or settle a customer's loans.

What to do instead: Go to studentloans.gov to apply for an income-driven repayment plan, learn about government forgiveness plans or consolidate your federal loans — all for free. If you have private loans, contact your lender or servicer to discuss alternative repayment plans.

2 The company promises immediate loan forgiveness

Be wary of companies that claim to help you get loan forgiveness. For instance, "Obama student loan forgiveness" programs don't exist.

There are legitimate government programs, such as Public Service Loan Forgiveness, that

can reduce or eliminate federal student loans after a certain amount of time. However, only some individuals qualify for the programs.

What to do instead: Use Federal Student Aid's Repayment Estimator to see your monthly payment and projected loan forgiveness on various plans based on your income and family size.

If you work in public service, learn more about PSLF and check whether it's a good option by contacting FedLoan Servicing, the federal loan servicer that administers the program on behalf of the Department of Education.

3 A salesperson pressures you into signing up

Companies selling student debt relief services are typically staffed by sales representatives who earn commissions based on the number of customers they sign up. They may aim to instill a sense of urgency, saying things like, "Sign up now before it's too late!"

But you do have time to make careful, well-researched decisions about your debt.

How to report a student loan scam

If you encounter a deceitful company, file complaints with the CFPB, the FTC and your state attorney general's office. These agencies rely on consumer complaints to police harmful student loan companies and, when possible, get borrowers' money back.

There are no legitimate loan programs that are available only for short periods of time.

What to do instead: If you're unsure about the legitimacy of a company, do more research before committing to anything. The NerdWallet Student Loan Watch List is a good place to start. It flags companies that consumers should be wary of, including those that have been investigated by state and federal authorities or have received a poor rating from the Better Business Bureau.

4 You're asked to share sensitive personal information

Some companies may ask for borrowers to provide Federal Student Aid IDs or Social Security numbers. The data give the businesses the ability to sign into your account and make decisions on

your behalf. Some debt relief companies may also ask borrowers to sign power of attorney agreements, which would allow the businesses to communicate with your loan servicer in your name. You're not obligated to sign such documents; in fact, doing so may cause you to lose access to your student loan account.

What to do instead: Don't reveal your FSA ID or Social Security number, or sign a power of attorney agreement. If you've already done so, contact your loan servicer, explain the situation and regain control of your account. Resume making payments directly to your loan servicer if you stopped doing so.

5 The company advertises on social media or shows up in search engine ads

Borrowers should

The Consumer Financial Protection Bureau has already shuttered three companies that it labeled "scams." ISTOCK

automatically view student loan assistance companies that pay to advertise their services with skepticism, says Robyn Smith, an attorney with nonprofit legal advocacy group the National Consumer Law Center. It usually means they're in the business for profit, and since you never have to pay to consolidate your federal loans or to switch repayment plans, that's a sign the services they offer could be a scheme to mislead you into paying for otherwise free assistance.

Additionally, some companies use advertisements to create lists of potential customers to sell to other companies. These so-called lead generators often ask consumers to input personal information on web forms or call a phone number for more details. They then sell the data they collect to student debt relief companies.

What to do instead: Do research before responding to advertisements. Avoid providing personal information to online forms that aren't applications for legitimate programs.

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France's former first lady did not have an affair with Donald Trump, OK?

Carla Bruni, wife of Nicholas Sarkozy and former first lady of France, would like you all to know that she definitely never had an affair with Donald Trump, because ew.

The 49-year-old first denied rumors — that Trump confirmed — that she had come between Trump and his former wife, Marla Maples, in 1991.

Adamant that it was both a lie and a desperate ploy for attention, she told the Daily Mail that year that Trump was a lunatic. "It's so untrue and I'm deeply embarrassed by it."

But it's been 26 years, and now he's the president of the United States. So in an interview with the Daily Beast, she refutes the

Carla Bruni sets the record straight.
ALL PHOTOS GETTY IMAGES



rumors again. "Actually the whole situation was very vague and just did not exist. So I was very surprised when he went to the press," she says.

I get it, girl. I'm not even a cool Italian-French lady, and I, too, would be insulted if Donald Trump went around telling people

that we had an affair. Gross.

Prince Harry puts a ring on it, kind of

Things are probably just as serious as they have ever been between Prince Harry and Meghan Markle. But maybe they are slightly more serious now: Harry has reportedly given his girlfriend a ring. And it's a "significant upgrade."

According to Daily Mail, the ring is the latest in a long line of gifts that 32-year-old Harry has given The Royal Boo. And that is apparently so noteworthy that sources are spilling to the on-



How utterly exciting.

line paper about how! Significant! It! Is!

"Meghan feels close to Harry when she wears jewelry from him and he is very keen on symbolic gestures." Fascinating!

"It is clear that the ring has a lot of sentimental value and that she finds it very hard to be separated from Harry." Riveting!

The Hot Ginger Prince has also reportedly given Markle, 35, a £5,000 Cartier Love bracelet, which can only be taken off with a screwdriver, because commitment!

So, yeah. These two are still going very, very strong.

Miles Teller arrested for public intoxication

This past weekend, Miles Teller got garbaged and arrested in San Diego, as you do.

TMZ reports that Teller was partying with a group of friends when an officer noticed that he was having trouble standing up. Why you gotta be so nosy, lawman?

The officers offered to take Teller to a detox program, but he refused. The officers took him there anyway, and it all ended about as expected. A spokesperson for

the San Diego Police Department confirmed as much to People. "He was taken to the detox center, where he was uncooperative and the staff rejected him," said the source. "He was then arrested and transported to the local jail."

The "Whiplash" actor was later released without bail.

Teller's reps couldn't be reached for comment, which is also not surprising. Remember when Esquire wrote a whole profile on him, praising him for his dickishness? They wouldn't lie.

Someone had a good time this weekend.



RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

Caitlyn Jenner said something ignorant

Is Caitlyn Jenner purposefully saying words out of her mouth in a desperate bid for attention? Maybe! That's the only excuse I can think of for her latest gaffe.

The longtime Republican spoke at the College Republicans' National Convention late last week when she was asked to comment about coverage of last week's GOP baseball practice attack.

"Nobody deserves what happened out there," she said. "There's no justification for it. There's crazy people in the world — we know

that ... We have to minimize that kind of stuff. But, as far as the people who were injured, it's an absolute shame."

Then the kicker. "Fortunately the guy was a really bad shot," she added. "Liberals can't even shoot straight!" Oh, dear.

Here's hoping she learns her lesson soon. There are too many tragedies happening every freakin' week to make light of them. In the words of a person who never really grew out of the '90s and early aughts: Take a chill pill, Jenner!



Caitlyn, girl. This has to stop.

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Agencies of the Year

Isiah Whitlock Jr. is more than his famous catchphrase

The "Wire" alum talks "Cars 3," worrying about aging and being in "Goodfellas."



MATT PRIGGE
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There are plenty of "Hey, it's that guy!" actors. These are the people you see in small roles over countless movies and TV shows, the ones whose names you learn over the years. Isiah Whitlock Jr. is a different kind of "Hey, it's that guy!" actor. He's best known for one role — really, for one word. We can't print that word here. But when you see Whitlock — in "Cedar Rapids," in "Pete's Dragon," on the forthcoming "The Mist" — you probably think of him as corrupt Senator Clay Davis on "The Wire," the guy who likes to spend sev-

eral seconds drawing out the s-word.

You only hear Whitlock in "Cars 3"; he's the voice of a retired race car. And being in a movie rated G means he can't drop his signature word. That's fine by him; like most hard-working actors, he contains multitudes. And being a longtime actor means he identifies with the main crisis in "Cars 3": the notion that our hero, superstar speeder Lightning McQueen (Owen Wilson), may be old enough to retire, to make way for the new. These are heavy ideas for a

movie aimed at kids.

"It's about change. It's about hitting that crossroads in life," Whitlock says of the film.

"I got to admit, towards the end, I was having to keep myself from tearing up."

Whitlock, 62, recalls hitting that point when he was no longer offered younger characters.

"I'd say, 'I want to play this guy,' and

they say, 'Well, you look a little older,'" he recalls. "You spend time in the mirror looking at yourself. It's hard."

When he first started acting, one thing Whitlock wasn't prepared for was watching his movies or TV shows years later, and being forced to look at his younger self.

"You say to yourself, 'Did I ever really look that young?' It almost makes you not want to look at it, because you'll start having conversations with yourself: 'When did I start losing my hair? When did I get these bags under my eyes? Was

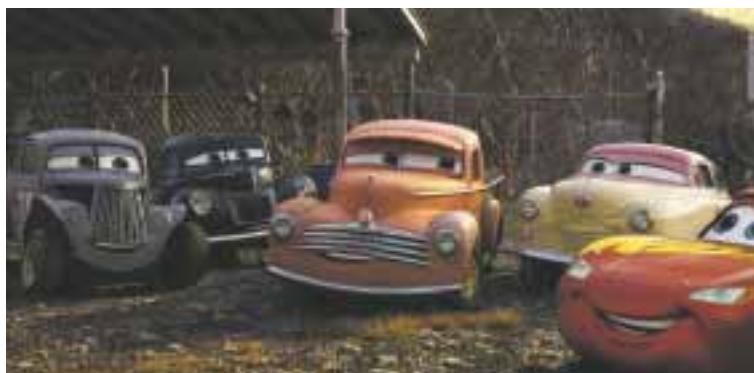
I ever that fit?' I mean, I look like I'm 12 years old in 'Goodfellas.'

Yes, Whitlock was in "Goodfellas." It was one of his first movie roles, and it's a blink-and-miss part; he's the doctor who, during the film's dazzling climactic section, forces a coked-up and frazzled Henry Hill (Ray Liotta) to undergo a quickie medical exam. But even a tiny role means he's part of one of the most beloved films ever made.

"I remember right after I did that movie, I could walk into any Italian restaurant and get a free meal," he says.



GETTY



Isiah Whitlock Jr. voices retired speeder River Scott, far left, in "Cars 3," now in theaters. PIXAR

The history of his signature line

For the record, his signature s-word line — which is so popular it's inspired bobble-head dolls — didn't originate on "The Wire"; he first did it in Spike Lee's "25th Hour," and again in later Spike movies like "She Hate Me" and "Chi-Raq" (which contains the longest version of it). He improvised it during auditions for "25th Hour." When they went to film the scene, Whitlock didn't want to do it.

"I didn't quite get it. I wanted to come up with something else," Whitlock reveals. But Spike insisted on it. It was such a hit that, when he was cast on "The Wire," the writers kept putting it into the scripts, which is when it really took off. "All that started with Spike. I have to give him some credit here."

"There are days when I still don't get it," he adds. "I'm glad people are amused by it. It's one of those things I have to live with. If it makes people happy, I'm OK with it. Never in my wildest dreams did I think something that just came out of my mouth would be my thing."

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Piper Theatre Productions PROVIDED



Theater in the sun

"Julius Caesar" got outdoor-theater season off to a hot start. Here's what else is coming to NYC's parks and parking lots.

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JOSHUA AUSTIN
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The 2017 outdoor-theater season got off to an exciting start with the modern-day adaptation of "Julius Caesar" that turned ancient Rome into Trump's America. While Shakespeare in the Park does tend to grab headlines, it's just one of many productions bringing theater outdoors for the season to the city's parks and parking lots. The best part: Many of these shows are free and just a subway ride away.

New York Classical Theatre

For 17 years as the city's only all-free professional theater troupe, New York Classical Theatre has been bringing the stage to the street. The company's 2017 summer season kicks off with "The Rivals," a comedy of manners by Richard Brinsley Sheridan in Central Park (through July 2), followed by Shakespeare's "Macbeth" at The Battery's Castle

Clinton (July 31-Aug. 20). Both shows will continue playing short stints at various other parks in the city. newyorkclassical.org

Bryant Park Presents

You're spoiled for choice when it comes to Bryant Park's summer schedule of events, which reads almost like it's challenging you to think of something you *can't* do in a park. From opera to theater for young audiences, Bryant Park has an eclectic and totally free season of live entertainment in store — and they even provide blankets to watch from the lawn! Get a taste of the hottest Broadway and



Shakespeare in the
Parking Lot **LEE WEXLER**

off-Broadway productions on Thursday afternoons as the casts of "Cats," the "Hamilton" parody "Spamilton" and the new smash hit "Groundhog Day," among others, take the stage (July 6-Aug. 10, 12:30 p.m.-1:30 p.m.) And there's Shakespeare, of course, with "Twelfth Night" (July 28-30) and "The Tempest" (Aug. 25-Sept. 9). bryantpark.org

Shakespeare in the Parking Lot

The setting may not be glamorous, but you won't miss the trappings of a theater once the Drilling Company starts weaving its tale. As they've done every summer since 2006, the company will pull up some chairs for Shakespeare in the Parking Lot at The Clemente. First up is "All's Well That Ends Well," a tricky comedy about a woman who really will do anything for love. Expect this to be a blockbuster — it's been on the company's production wish list since the beginning (July 6-22). Next up is the bloody saga of revenge that is "Henry VI, Part 3," about what society loses when it goes to war (July 27-Aug. 12).

Shows take place Thursdays, Fridays and Saturdays at 7 p.m., 114 Norfolk St. Lower East Side, shakespeareintheparkinglot.com

SummerStage

Watch what happens when Latinx performers and music mix with Pablo Neruda's Spanish translation of "Romeo and Juliet." This free event, presented as part of SummerStage's sea-

sonlong series of concerts and performances held in all five boroughs, will be held at St. Mary's Park in the Bronx on July 26. If you're in the mood for dialogue outside of the normal iambic pentameter offerings, check out excerpts from Broadway's "A Bronx Tale" (yep, the one based on the hit play that inspired the classic film) in the Bronx's Crotona Park on Aug. 3.

Various locations; summerstage.org

The Classical Theatre of Harlem

This dynamic theater company will present Catherine Bush's adaptation of "The Three Musketeers," based on the beloved book by Alexandre Dumas. This action-packed free production will hit the Richard Rodgers Amphitheater in Harlem's Marcus Garvey Park as the outlaw swash-bucklers rise up against their tyrannous cardinal to show the power of courage and unity.

July 9-31,
18 Mount Morris Park West, cthnyc.org

Piper Theatre Productions

Go west this summer — to Arizona! Piper Theatre is putting on the Broadway smash and jukebox, gender-bending musical "Priscilla Queen of the Desert" (July 6-22). Director John P. McEneny moved the show's original setting from the Outback to the wastelands of Arizona to align the themes of homophobia, transgender rights and equality to our current landscape. Later this summer, Piper

Theatre, in association with Theater in Asylum, will premiere "The Brontes," an original musical (July 9-23) exploring the struggles of the Bronte family that led to such dark works as "Wuthering Heights."

Old Stone House & Washington Park, Fifth Avenue and Third Street, Park Slope; pipertheatre.org

Shakespeare in the Park

The Public Theater's

annual free duet of plays in Central Park certainly got off to a controversial start with "Julius Caesar." Its second production offers a comedic antidote to the hard-hitting political tragedy in "A Midsummer Night's Dream," about the troublesome spirits who lurk just off-stage, ready to meddle in the already messy affairs of love.

July 11-Aug. 13,
Delacorte Theater,
81 Central Park West; publictheater.org



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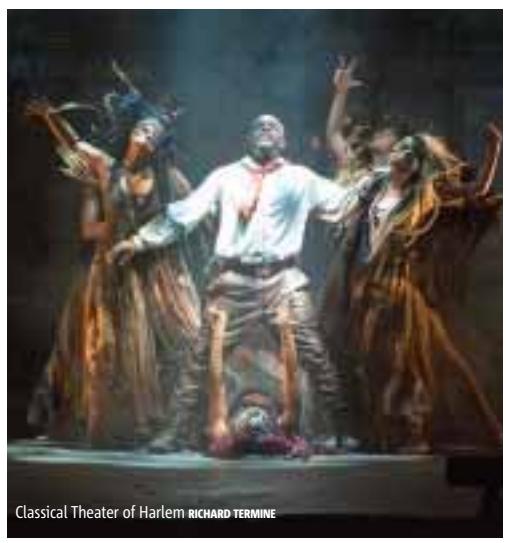
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Classical Theater of Harlem RICHARD TERMINE

Milk's ice cream sammies are making their first appearance on the East Coast.
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These ice cream sandwiches are pure #summergoals

These giant, quirky sammies are a cult hit in Los Angeles, and they're popping up in NYC this week only.

 **EVA KIS**
@thisiskis
eva.kis@metro.us

Ice cream sandwiches are having a renaissance, from churro discs with hand-churned flavors at Smorgasburg to Klondike-style kiwi squares from Dominique Ansel. This week, a Los Ange-

les cult favorite arrives to give the East Coast a taste of something new. The mother-daughter team behind Milk ice cream shop, Nayla and Yasmine Audi, are bringing their rainbow-colored sandwiches to a Nolita pop-up store.

Milk is known for making all of its baked and frozen treats from scratch — and you'll probably need to bring a friend to finish even one of these oversized sammies. Flavors (13 in all) range from the classics (vanilla, rocky road, red velvet) to grasshop-

per, Fruit Loops and banana dulce de leche, sandwiched between two oversized macarons and garnished with Chocolate and Fruity Pebbles. Because if you're going to be a kid again, you've gotta go all the way.

Despite all the sweet touches, the ice cream sandwiches (\$6) manage not to overpower you with sugar, while the macaron keeps its signature crispy outer shell even after a couple days. (It took us a while to finish the samples Milk kindly sent. Did we mention they're huge?)

The shop at 52 Kenmare St. will be open from June 21-25. If you prefer your ice cream the old fashioned way, scoops are also available from one (\$4) to three (\$8) in 15 flavors like coffee toffee, Thai tea and mango chili.

Make it your lunchtime treat or late-night stop — the shop is open from noon to midnight. And while the pop-up will be gone at the end of the weekend, you'll still be able to get Milk's ice creams when they launch in pints, available to ship nationwide.

Free unicorn milkshake delivery

Unicorn-themed foods have been a trend in New York City for some time now. LES dessert spot New Territories, for one, made a splash when it released its Unicorn Parade milkshake earlier this year. But trend-chasing in this city often amounts to competing with crowds and weathering long lines, and that sounds like too much in this kind of heat. What if you could get a unicorn milkshake delivered, free, to enjoy in the comfort of your apartment?

For those of you who love a free milkshake but can't get down with lactose (according to WebMD, something like

75 percent of people around the world are lactose intolerant!), don't despair. New Territories wants you to get in on the fun and avoid #DairyEnvy, which is apparently a thing, so it's partnering with Lactaid to create a free, lactose-free milkshake delivery kit which you can order the first day of summer.

Beginning at 4 p.m. Wednesday, June 21, New Yorkers can order the "Unicorn State of Mind" milkshake kit on Postmates for a free delivery, available while supplies last.

The DIY kits come with lactose-free milk and vanilla ice cream made by Lactaid, as

well as NYC-inspired toppings such as cotton candy (Coney Island!), sprinkles in the colors of NYC sports teams, and a snack-cart pretzel. Also included: lactose-free chocolate syrup, breadsticks, marshmallows, fruit punch flavored licorice and sweetened rice cereal.

FYI for vegans: The ice cream is lactose-free, but not dairy-free. FYI for milk-lovers: this milkshake still has dairy in it, just not lactose! You likely won't be able to tell the difference.

If you want to do it all yourself, find the recipes on Lactaid.com. Get your Instagram ready! **KATE MOONEY**



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For Men's Health Month, we learn about the most common urological condition among men under 50.

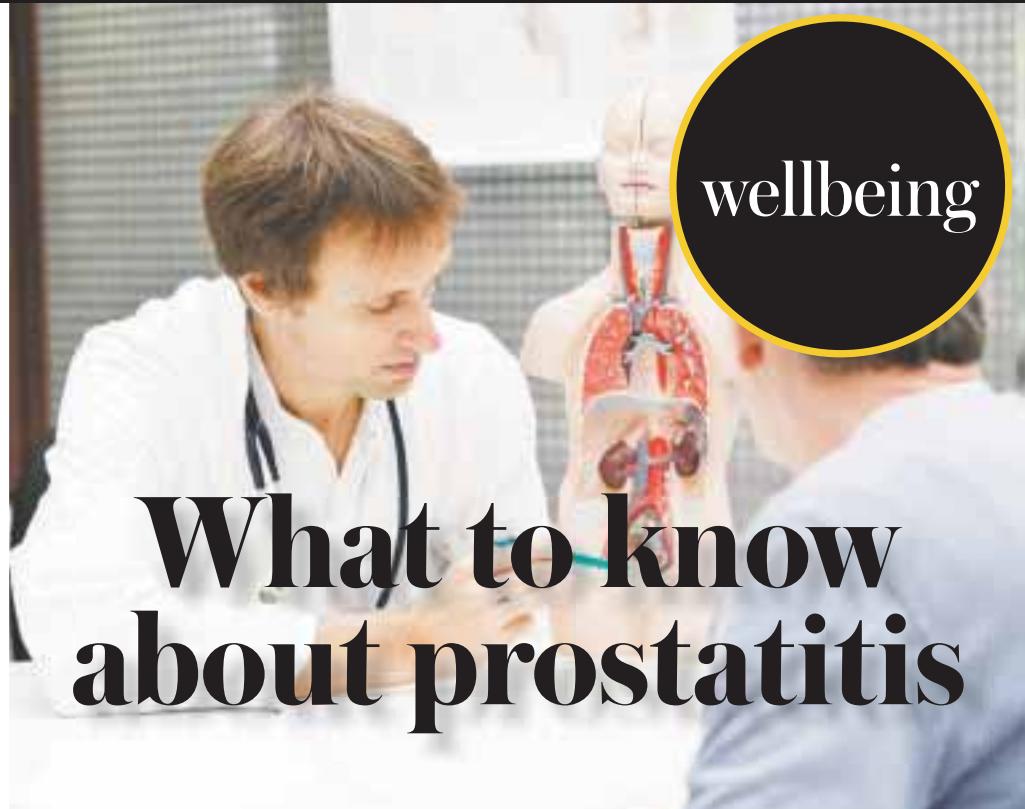


KATE MOONEY
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kate.mooney@metro.us

A pain in the balls. The feeling of constantly having to urinate, without relief. In some cases, erectile dysfunction. These are some of the symptoms of prostatitis, the most common urological ailment for men under 50 — and occurring in two out of three men over 50 years of age. The condition, which is inflammation of the prostate gland, varies in its severity, but it's far from rare. According to the Prostatitis Foundation, 50 percent of men will experience symptoms in their lifetime. We spoke with urologist Dr. James Wysock, assistant professor of urology at NYU Langone, who explained what men need to know about the condition.

Prostatitis symptoms

Wysock says he treats patients for prostatitis fairly frequently. Especially among his younger patients, he says it's one of the more common reasons men seek out a urological evaluation. According to WebMD, there are four kinds of prostatitis. Acute bacterial prostatitis is an infection that occurs



wellbeing

What to know about prostatitis

According to the Prostatitis Foundation, 50 percent of men will experience symptoms of prostatitis in their lifetime. ISTOCK

when bacteria spreads from the urinary tract to the prostate, while chronic bacterial prostatitis is a lingering, milder bacterial infection that can last for months. Chronic prostatitis, also known as chronic pelvic pain syndrome, shares the symptoms of bacterial prostatitis, without bacteria present in tests. And finally, asymptomatic prostatitis describes a condition in which a patient experiences prostate inflammation with

no other symptoms. Symptoms of prostatitis vary from mild to severe, temporary to chronic, explains Wysock. Increased urination coupled with a burning sensation, similar to a urinary tract infection, are common indicators. An inability to urinate, however, requires immediate attention. A dull pain in the scrotum and testicles is common, but anyone experiencing sharp, acute pain, especially if it's located on one side,

should seek immediate medical attention to rule out a testicular torsion. Fever and chills accompanying any of these symptoms could be a sign of an infection that requires a course of antibiotics.

In some cases, men will experience temporary erectile dysfunction. "If you have an inflammatory condition of the prostate, the nerves that control erections [which] are on the posterior aspect of the prostate, could be affected by the

inflammation," Wysock explains.

Prostatitis treatment

Treatment depends on evaluating the type of prostatitis and the presentation of symptoms. The most common treatment of acute bacterial prostatitis, for example, is four to six weeks of antibiotics, says Wysock. "You have to delve into possible causes," he says. "Make sure men are emptying their bladder

well, make sure there's no anatomical cause, such as urinary retention or urethral stricture disease, stones in the bladder, etc."

Some men might need a "urodynamic" to assess whether the bladder and urethra are functioning properly. Wysock says medication, such as Flomax, can help patients relieve urine.

Wysock says chronic prostatitis can be difficult to treat, as it can lead to relapses of the symptoms over time and it's hard to identify which bacteria is causing it.

As far as home remedies, Wysock recommends keeping well-hydrated and taking NSAIDs like Ibuprofen to help reduce inflammation and offer pain relief.

Prostatitis causes

There are several possibilities. An acute bacterial infection can be a cause. While stress could be a factor, there isn't a direct link, Wysock says. It's more like, "chronic prostatitis with recurrence can lead to a situation where it causes stress, which can lead to a cycle of increased stress leading to symptoms." It's also important to rule out STDs, he says. Gonorrhea, chlamydia, or urethritis (inflammation of the urethra) can all lead to prostatitis-like symptoms. Again, it's key to make sure there isn't something more serious going on, such as a testicular torsion.



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ISTOCK

Coconut oil isn't actually healthy: Report

American Heart Association sets the record straight.



ERIN TIERNAN
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It's time to stop pretending coconut oil is good for you — an American Heart Association has officially labeled it one of the bad fats.

It's actually worse for you than eating butter, lard or palm oil, according to a Dietary Fats and Cardiovascular Disease advisory issued last week.

The review of dietary fats shows coconut oil increased the LDL — or "bad" — cholesterol in seven out of seven controlled trials.

It makes sense, considering 82 percent of the fat in coconut oil is saturated — that's far more than butter (63 percent), beef fat (50 percent) or pork lard (39 percent).

"Because coconut oil increases LDL cholesterol, a cause of [cardiovascular disease], and has no known offsetting favorable effects, we advise against the use of coconut oil," the American Heart Association said.

The American Heart Association isn't telling you to do away with fats altogether, though. The advisory stressed the importance of swapping out saturated fats for polyunsaturated fats — canola, corn, soybean, peanut, safflower, sunflower and

walnut oils — or monounsaturated fats.

Polyunsaturated fats seem to lower risk of heart disease the most, followed by monounsaturated fats. Saturated fats are the worst for heart health and those with more saturated fats in their diets carry the highest risk of heart disease — which kills more than 17 million people every year.

"Scientific studies that lowered intake of saturated fat and replaced it with polyunsaturated vegetable oil reduced cardiovascular disease by approximately 30 percent; similar to cholesterol-lowering drugs, known as statins," the Heart Association wrote in the advisory.

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KNICKS 2017 NBA DRAFT PROFILE: LUKE KENNARD

With New York picking at No. 8 during the 2017 NBA draft, Metro New York will try and deduce the possible prospects who might fall to them during Thursday's selection process. Today, we break down Duke's sweet-shooting Luke Kennard.



JOE PANTORNO
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joseph.pantorno@metro.us

SWEET SHOOTING

You're not going to find a better shooter in the 2017 draft class. Poised to join an NBA landscape that has been revolutionized by the 3-point game over the past four seasons, Kennard's value cannot be understated. He's not afraid to shoot the ball regardless of the position he is in as he's shown a gifted touch from distance. Last season, he shot almost 44 percent from downtown and possesses a quick release that makes him almost unguardable from the perimeter.



BODY CONTROL

Kennard does not exude a ton of athleticism, but an arsenal of savvy moves allows him to create space from his defender and find favorable scoring opportunities. Whether it is coming off screens or using a number of different fakes, Kennard can transition from off-ball contributor to lethal shooter in the blink of an eye.

FANCY FOOTWORK

This doesn't mean that he will be cutting circles around defenders like Stephen Curry. Let's make that clear from the beginning. However, Kennard's movement is so underrated but so solid, allowing him to keep that all-important body control. With quick, minimal steps, he can transition to behind the 3-point line while remaining in his shooting stance.

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2016-17 STATS WITH DUKE

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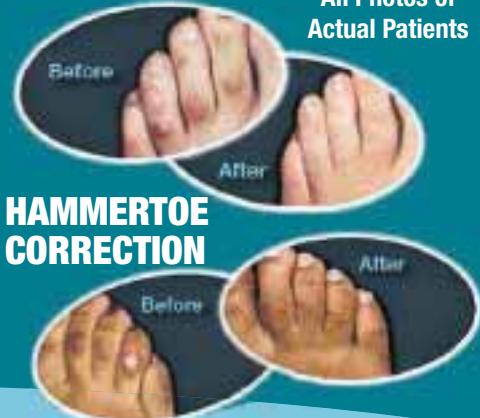
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Yanks face adversity for first time this year

For the first time this season, the Pinstripes are going through a truly dismal stretch, having lost six in a row.



JOE PANTORNO
@joepantorno
joseph.pantorno@metro.us

The New York Yankees, who seemingly looked unbeatable during the first two months of the season, fell on hard times during a West Coast road trip that saw them lose six straight games to the Los Angeles Angels and Oakland Athletics.

The A's managed to complete a four-game sweep, which was remarkable considering that they owned the worst record in the American League entering their series against the Yankees.

In the process, New York's four-game lead it held on June 12 vanished as the Boston Red Sox moved into a tie for first after a 6-5 win on Sunday against the Houston Astros.

A team that was finding ways to pull out wins earlier this season now has been unable to win the close one. Five of their six losses have been by two runs or fewer.

Not to mention Aaron Judge has slowed down in the process, hitting just .217 with 11 strikeouts in 23 at-bats.

Is it time for Yankees fans to panic? Absolutely not.

This team was not expected to play like this yet as their "rebuild" has already been more successful than any other franchise across the four major North American sports. When was the last time you

saw a rebuilding baseball team win 84 games? That's what happened last year.

Heading into 2017, this was a team that still needed to make some significant roster improvements to actually contend. Or so we thought.

Instead, they stormed out of the gates and punched everyone in the mouth.

Regardless of their losing streak, they're still nine games over .500 three weeks away from the All-Star break. That would be an incredible feat for almost any other fan base outside the Bronx.

Oh, and if you're expecting Aaron Judge to keep a Triple Crown pace up while mashing home runs farther than you can count, your head is in the clouds and I want whatever you're having.



The Yankees' disastrous road trip was headlined by a four-game sweep at the hands of the Oakland A's. GETTY IMAGES

Judge and the Yankees are young and just aren't great on the road. Their 22-9 record at Yankee Stadium has been dimmed by a 16-20 mark away from home, which is below the league average.

Big No. 99 is batting .282 in away games, which really isn't that bad. But it pales in comparison to the .400 mark he is sporting at home. He's also hit just eight

of his 23 home runs on the road.

Numbers aside, this was the farthest the Yankees had to travel for a road trip this year. Prior to their seven-game excursion that took them to California, the farthest western point New York traveled to this season was Kansas City for a three-game set against the Royals.

Young players and teams are going to hit

rough spots. A baseball season is far too long and taxing to stay red-hot the whole time. It is imperative that Girardi stresses the point to his youngsters and keeps things loose in the clubhouse.

If the struggles follow the Yankees home for their six-game stand against the Angels and Texas Rangers, then it might be time to show some concern.



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of Better Call George LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 4/07/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1675 York Ave., Ste. 18C, New York, NY 10128. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN,
PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday July 05, 2017 at 2:00 p.m. at 42 Broadway, 5th floor on a petition for Caridad, Inc. to establish, maintain, and operate an unenclosed sidewalk cafe at 3472 Fulton St. in the Borough of Brooklyn for a term of two years. REQUESTS FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAYBE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN,

PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, July 05, 2017 at 2:00 p.m. at 42 Broadway, 5th floor on a petition for Balcony Cafe Inc. To establish, maintain, and operate an unenclosed sidewalk cafe at 78 Reade Street in the Borough of Manhattan for a term of two years. REQUEST FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAYBE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10009. Purpose: Any lawful activity.

NOTICE OF FORMATION

of Cozy City Living II, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 09/21/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 47 Avenue A, Suite 12, New York, NY 10009. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN,
PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, July 05, 2017 at 2:00 p.m. at 42 Broadway, 5th floor on a petition for Ardian Corp. to establish, maintain, and operate an unenclosed sidewalk cafe at 3307 Ditmars Blvd. in the Borough of Queens for a term of two years.

REQUEST FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAYBE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

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LEGAL NOTICES

NOTICE OF FORMATION of DINHAM LLC Articles of Organization filed with the Secy. of State of New York (SSNY) on 4/24/2017. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1487 Bryant Ave., Apt. 1, Bronx, NY 10460. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Serial # 1303065, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 480 Amsterdam Ave., New York, NY 10024. New York County, for on premise consumption. Two Melons LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1299376, has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law 180 Bleecker Street, New York, NY 10012, for on-premises consumption. Hello Saigon Inc.

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5 Fortune 500 abbr.
8 Lunch hour, often
12 Hibachi residue
14 Hairy twin
15 Fifi's friend
16 Distrustful
17 Bridge bldr.
18 Pier foundation
19 Yule tree decoration
21 Held up
23 Tarzan's kid
24 Photo
25 Almost-grads
26 Ads
30 Sorority members
32 Kingly
33 Lisa Marie's mom
37 "Fatha" Hines
38 Signified
39 Roulette color
40 Most squalid
42 Impressionist painter
43 Egg parts
44 Thinks fit
45 Increases
48 Gives the go-ahead
49 Soup cooker
50 Deli purchase
52 Pilot's concern
57 Salt Lake state
58 Parrot

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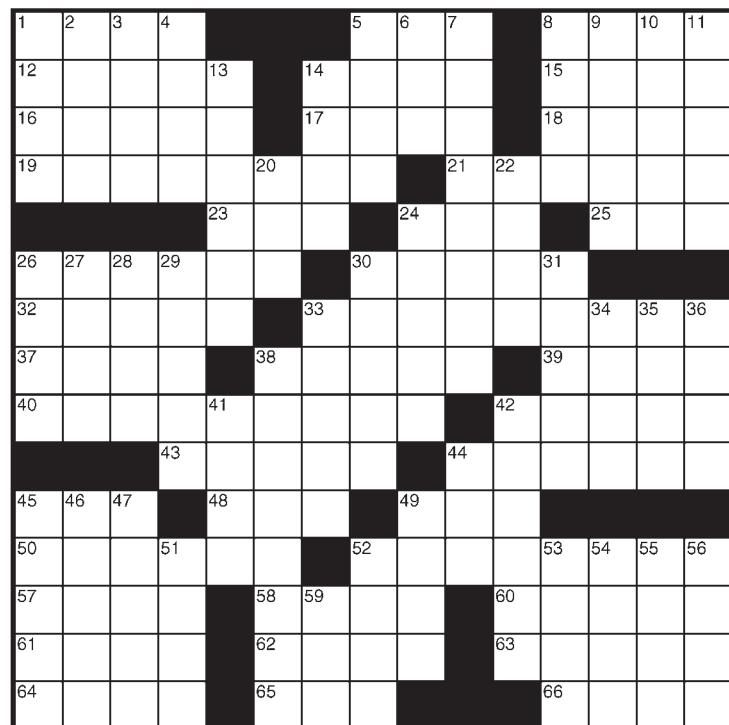
60 Like a Renoir model
61 Wealthy, to Pablo
62 Slough off
63 Avarice
64 Snail-paced
65 Comic – Conway
66 Catch sight of

Down

1 Aura
2 PC owner
3 Later on
4 Inoculants
5 Can't be
6 Nitpick
7 Most frizzy

8 Enjoys a siesta
9 Fails to include
10 OPEC vessel
11 More than wants
13 Icon
14 Counting-out word
20 Aurora, to Plato
22 Heavy-metal band
24 Show the way
26 CEO, often
27 Authentic
28 Human eater
29 Borneo's archipelago
30 Gross
31 Red Sea peninsula
33 Has a quick look
34 Year for
35 Bank holding
36 Muses' domain
38 Most whitish
41 Skyrocket
42 Doling out
44 Tiny circle
45 Commander
46 Barbecue spot
47 Not taut
49 Galumph
51 Nautical greeting
52 Beg pardon!
53 Weight rebate
54 Mini-guitars
55 Thought-provoking
56 Bandleader – Duchin
59 Fraternity letter

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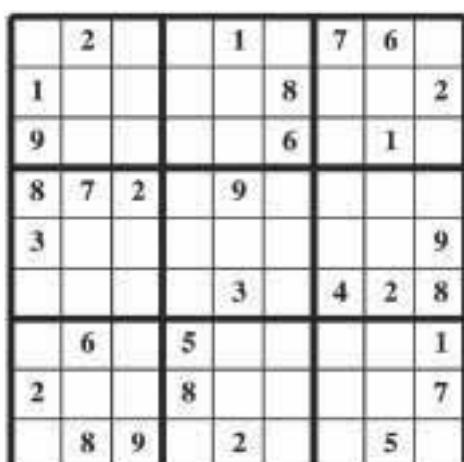


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easy



hard



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MOHAWK	AKIN	
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LIMO	YET	BABA
TENSPOT	DRAGON	
MTNS	RETINA	
MANIA	WILE	
GABOR	AVIV	KFC
RUBIK	CAMEL	HAIR
ADORE	ESP	AETNA
FETED	STY	PRONG

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Aries Business trips, interviews, serious discussions and big plans are all favored. If you want to bring about change, be the one to initiate what you want to see happen.



Taurus Share your feelings with someone who is willing to tell you all as well. Confronting problems will help you come to a decision that will make your life better.



Gemini Precision, preparation and a group of loyal and dedicated supporters will help you succeed. Your ability to bring about change must not be wasted. Stay focused.



Cancer What you put out, you will get back. Your involvement in the community and efforts to assist a loved one will put you in a good position.



Leo Emotional matters will escalate, leaving you in an awkward position. Make sure you take care of your responsibilities regardless of the situation you face at home or work.



Virgo You'll experience frustration at home and work due to demands. Venture out with someone special and participate in things that you find interesting.

Libra A chat you have with someone regarding an educational opportunity or your current living arrangements will get you thinking about your options.

Scorpio Share your intentions and make a point to start the process of forming a union with someone you feel is as insightful and ready to strive for perfection as you are.

Sagittarius Partnerships are favored and will make a difference to the way you move forward with a project or your personal life. Negotiate on your own behalf.

Capricorn People you enjoy being around will make your day special. Take the time to physically engage in projects or activities that will bring you closer together.

Aquarius You'll gain ground if you pick up knowledge that will help you change direction, improve life in your community or better your relationships with others.

Pisces Don't take on someone else's responsibilities or let your own goals be jeopardized just to help someone else excel.

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